



# August 2021

## Alzheimer's Care Resource Center: Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	2 <b>Monday Mojo for Caregivers</b>	3	4 <b>Wednesday Workshop</b>	5	6
	The Benefits of "Crying it Out" <i>Watch on our website</i>		4 Activities for People with Memory Loss <i>Watch on our website</i>		
<b>Week 2</b>	9 <b>Monday Mojo for Caregivers</b>	10	11 <b>Wednesday Workshop</b>	12	13
	Things to Let Go of to Be Happier <i>Watch on our website</i>		<b>ALZHEIMER'S RESEARCH UPDATE WITH DR. MARK GOLDSTEIN OF JEM RESEARCH INSTITUTE</b> <i>Watch on our website</i>		
<b>Week 3</b>	16 <b>Monday Mojo for Caregivers</b>	17	18 <b>Wednesday Workshop</b>	19	20
	Why Being Selfish is Okay (sometimes) <i>Watch on our website</i>		How to Start Meditating for Caregivers <i>Watch on our website</i>		
<b>Week 4</b>	23 <b>Monday Mojo for Caregivers</b>	24	25 <b>Wednesday Workshop</b>	26	27
	How to Keep It Together When Everything is Falling Apart <i>Watch on our website</i>		What You May Not Know About Dementia <i>Watch on our website</i>		
<b>Week 5</b>	30			<p><b>(561) 588-4545</b></p> <p>2290 10th Ave N #406, Lake Worth, FL 33461</p> <p><a href="http://www.alzpb.org">www.alzpb.org</a></p> <p>RSVP for any event by calling (561) 588-4545.</p>	